



**CALIFORNIA STATE SCIENCE FAIR
2011 PROJECT SUMMARY**

| | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|
| Name(s) Grace Koplin; Zoey Lyttle | Project Number J0710 |
| Project Title Sparks Fly | |
| Abstract Objectives/Goals Our goal is to test if the students would focus more on the tests when they exercised. When someone exercises oxygen circulates through the brain, and oxygen is proven to increase focus. Also, during exercise the brain produces a substance much like Serotonin, which allows you to focus more intently. Methods/Materials Our materials were the math tests that were administered to the 6th grade class. We graded them and gathered all of the data. The math tests are the key to our project, without them, our project would be a blank board. Results Our summary of data showed that when people exercised and truly increased their heart rate they didn't perform better than when they didn't exercise. Conclusions/Discussion From our collected data our conclusion is that exercise does not improve a student's focus on tasks that require concentration. | |
| Summary Statement Our project is to find out if exercise improves a student's focus on tasks requiring concentration. | |
| Help Received The 6th Grade Teacher conducted the exercises and the tests | |